

Thank you for 50 years of support! Your milestones are our mission · #CPProud

From the Executive Director's Desk...



Our 50th anniversary year is completed. Wow, what a great year! I want to thank all our Members, volunteers, friends and donors for helping us celebrate our history, our success and your milestones. Heartfelt thanks goes to Susana,

Taryn, Tom & Eileen Czerkawski, our Westman committee members, Tara Schaan—our CPMB President, the Board members, all our volunteers, and you, our Members, for all the hard work. Please look inside this issue for highlights and photos of our Holiday Bowling Party (page 2), and our 50th Annual General Meeting (AGM) on page 4.



Your donations do make a difference to our Members, our community and society. Our equipment grants program is one of the main programs of our Association. In 2024, CPMB granted a wide range of equipment needs to our

members, from specialized beds, IPADs and computer equipment, manual and power wheelchairs, specialized seating systems (that are not approved by government), adult walkers, Chill-out Chairs, three wheeled bikes, and some other life-improving items. Individually these grants make a world of difference to the recipients, our Members. The smallest item, such as a swing-away joystick, to the maximum grant allowed, such as a contribution to a van lift, may be the difference between being stuck at home or independence. **Our goal is to be there for milestones, and to help fill in the gaps and barriers that exist.**

We have provided support to our partners in the community, such as Boccia Manitoba (https://www.inclusiverecreationmb.org/boccia-mb), Manitoba Possible's Recreation and Leisure programs https://www.manitobapossible.ca/childrens-recreation-and-leisure, Volt Hockey in Brandon https://westmanvolt.ca/,

and Barrier Free Manitoba, where we work together to help eliminate the barriers to inclusion in Manitoba https://www.barrierfreemb.com/.

I will continue to advocate for our Members through work with the Children's Coalition, The IAS pilot project, and other community organizations. Working together with other advocacy groups makes all of us stronger.

We have started a new year and we are well into the planning stages for 2025. Your milestones are still our mission as an Association, no matter where you are in your journey. Please take a look at our video and share the link with friends and family. Scan the QR code here:

Since 2016, the March of Dimes has been a sub-lease with the Association's downtown office. We are looking for a new tenant for the smaller office, please share the link — https://cerebralpalsy.mb.ca/ — with your contacts. For the ad: See page 8 OR scan the above QR code to download.

We have a new team member! **Alex Ptashnik** has joined us as a part time administration assistant to help in the office. Alex is a long-time Member of the Association. Susana and I are looking forward to the help. *Please welcome Alex!*

f

SUB-LEASE

AD

WATCH

We have a calendar (page 12) that outlines all the upcoming activities to date. Please add them to your personal calendar, and join us as much as possible in 2025. Please keep an eye out for details as these events are planned.

I am looking ahead to another great year for the Association as Members and friends. **Let's all celebrate another year of milestones together.** Happy New Year, David—**David Kron** ⊛

Holiday Bowling Party—Another Festive Fiesta



The annual Holiday Bowling Party took place on Saturday, November 30th, 2024 at Uptown Lanes. CPMB Members and Friends took over all available five and ten pin lanes, shared some pizza and received gifts, all in the spirit of the Holidays! Thanks to everyone who attended. Save the Date: Saturday, November 29, 2025 ®





























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Westman gets all dressed up for 2024 Family Retreat

We last gathered in Brandon in 2019 for CPMB Westman's Family Retreat. On October 26th, 2024, we happily hosted over 80 attendees to listen to our speakers, stay for a delicious dinner and then party at our Halloween

Costume Dance. Thanks everyone for dressing up!



























Cerebral Palsy MISSI STATIONARY MISSI bike race

Saturday APRIL 26, 2025

MNP Hall, Keystone Centre, Brandon

JOIN US: supportcpmbwestman.ca

REGISTER a Team or Become a SPONSOR



Gathering at CPMB's 50th Annual General Meeting

On Saturday, December 7th, 2024 nearly 50 CPMB Members and Friends gathered at the Pavilion Atrium at Assiniboine Park. The wonderful glass room hosted us for a delicious lunch, conversation and fellowship as well as our AGM. Many took advantage of Amazing Entertainment's Caricaturists to get a fun portrait drawn. Thank you to everyone who joined us. ®



















GAME SHOWS CASINO PARTIES THRILL SHOWS LIVE MUSIC COMEDIANS

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AND SO MUCH MORE ...

204-233-2184 www.AmazingEntertainment.ca INFO B AMAZING ENTERTAINMENT.CA

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CoHabit Housing Initiative Updates



CoHabit's Winter Warmup:

When: Saturday, Jan 25th, 11am - 2pm

Arrive by 11:45 am if you would like to play Jeopardy with us!

Where: Kilter Brewing Co.

450 Rue Deschambault

Who: Anyone can join in!

Bring your friends and family.

RSVP to Kelsy@cerebralpalsy.mb.ca



Friendly reminder: RENEW YOUR MEMBERSHIP TODAY!

Please visit our website at:

https://www.cerebralpalsy.mb.ca/membership.htm

*It is important that you sign up for updates!



Happy New Year!



Wishing you a wonderful 2025!

Your small gift to CPMB will have a lasting impact!

Consider donating to the CPMB's Fund through The Winnipeg Foundation.

All gifts to our endowment fund are pooled and invested to benefit CPMB in perpetuity. The income this fund generates is distributed to the CP Association to be used at our discretion.



Donate to the CPMB Fund here: https://rb.gy/yayq2o

or SCAN the QR Code below

Leave a Legacy—Keep CPMB strong for years to come!

Turning 50 is a huge milestone for any organization.We need your help to leave CPMB's future in good hands.



Thanks for being #CPProud with us for 50 years. Here's to 50 more!



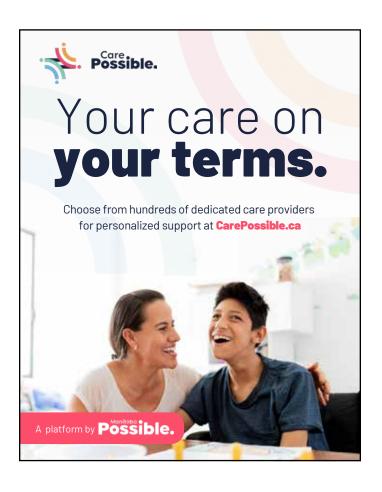
CP CEREBRAL PALSY ASSOCIATION OF MANITOBA

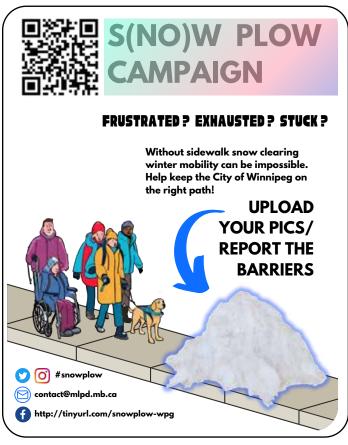
cerebralpalsy.mb.ca



Your milestones are our mission

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Thank you all for Supporting CPMB...

- · Cerebral Palsy Association Members
- City of Winnipeg Charitable Fund (Funded by Employees & Retirees)
- Dr. Alfred E Deacon Medical Research
 Foundation
- · Winnipeg Goldeyes Field of Dreams
- Starbuck All Charities Inc.
- Jewish Foundation Susan Rogers
 Fund
- The Prairie Dawn Foundation
- Tracy Taylor Andrew Malo Memorial
 Scholarship
- United Way Pembina Valley



- · In Honour of Catherine Lambeth
- In Honor of Sarah Yates-Howorth
- · In Memoriam Brian Miller
- In Memoriam Robert Perron
- In Memoriam Ed Tysowski
- · In Memoriam Ameila Hampton
- · Brandon Firefighters 2024 Campout
- · Westman Group Inc.

Thank
you all for
50 years
of support!

CP PROUD

The 4 Guys Ride again for CP!

The annual Four Guys
Cycle for CP happened
on September 10th,
2024. Thanks to The
Four Guys: Dean, Greg,
Bryan and Kevin, we
were again able to
present a bike and

chill-out chair on **December 2nd** at Freedom Concepts. Jenn and Macara joined us from **St.Amant** and were presented a chair for their therapy clinic and, although Jannine was under the weather,

her bike is ready to roll! Sincere appreciation to The Four Guys, their donors and everyone at Freedom Concepts! $\#CPProud \ \otimes$



SUBLEASE

available

In the heart of the Exchange, near the corner of Portage and Main in the Electric Railway Chambers Building at 213 Notre Dame Avenue, the Cerebral Palsy Association of Manitoba (CPMB) is looking to sublet one office (127 sq. ft. or 10′ 10″ x 11′ 9″).

Ideal for a small business.
Shared boardroom and other amenities. Either yearly or month-to-month lease available.

For details and more information contact David Kron: 204-250-4226 davidk@cerebralpalsy.mb.ca





FOUR GUYS Cycle for CP was September 10th!



Thank you for your support!



https://supportcerebralpalsy.ca/events/ fourguyscycle/Donate.aspx



FOUR GUYS CYCLE FOR CEREBRAL PALSY

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CPMB Program: Sledge Hockey Success in the Pembina Valley

In partnership with Manitoba Possible, and with funding from the United Way Pembina Valley, we have a successful sledge hockey program. This year we have increased numbers to 11 players and 2 coaches on ice at the Winkler Sledge Hockey Program.

Here are some amazing testimonials from parents:

"My name is Yvette Mitchell. I have 2 boys that play sledge hockey. My oldest has a lot of different needs including physical and cognitive. He loves sledge hockey so much. It's amazing to see how much confidence he has gotten from being a part of a team and all the support the coaches and fellow players have given him.

My youngest has ADHD. He started playing because his brother does. He has found a sport that he loves so much and he feels like he belongs. He told me just the other day that he can't put into words how much he loves it. It has boosted his self esteem greatly.

As a parent to see the joy and excitement on their faces when we go to the rink is priceless. Thank you so much for your support in bringing the sport of sledge hockey to our community."

"Our son has been welcomed by the sledge community. He has tried many different sports and has not followed through and has not loved any of themuntil sledge hockey. Here he is accepted as he is, he is encouraged from where he is at. He has experienced so much growth and excitement just in the short time he has been part of the Manitoba Possible sledge community."



Refer someone with Cerebral PalsyWe're here for you!

CPMB tries to make life easier for individuals and families affected by **CP**.

Become a CPMB Member today! #CPProud

Supporting you for 50 Years,

AND ready for the next 50!

Learn more at



cerebralpalsy.mb.ca

Saturday, MAY 10, 2025 MISSION: POSSIBLE

Blue Cross Park, Winnipeg

YOUR MISSION, should you choose to accept it: RIDE and ASK in support of CPMB!





Register a Team or Sponsor at cerebralpalsy.mb.ca























36th ANNUAL CYCLE for:

THANK YOU—Your support enriches the lives of Manitobans living with CP! #CPProud

PAGE 10 JANUARY 2025

Free to Be Me: Five things I learnt while building a microwave stand—by Mindy Tucker



Tell me why • Ain't nothin' but a heartache Tell me why • Ain't nothing but a mistake Tell me why • I never wanna hear you say I want it that way

To those of you who wondered if I actually sang the Backstreet Boys the voice recognition of my iPhone yes, I did.

This article is for all of you who recently moved out, and or those who are buying furniture, which needs to get put together.

I recently got a new microwave stand because my old microwave stand didn't have enough storage. The doors on it won't stay as closed, like I would like them to. It was not much higher than my other counters but when I saw my new microwave stand, I knew. I must have this. It has storage on one side, cupboards shelves, and a pullout drawer. How could I say no. And! It's the perfect height! For both standing and sitting! I absolutely LOVE it!!

What I didn't anticipate was, what I would learn in building it. **The first thing I did do right though**, I found a friend who could help me who also happens to use a wheelchair. Two people putting together a microwave stand when both are in wheelchairs is going to take longer. It also doesn't really work. Trust me. Bumper cars is not what you need in this particular situation. Anyway, this is what happened and what I learned because of it.

Even if the instructions say it will take you 2 to 3 hours set aside a week. And do not make that week right after getting acrylics put on your nails, the week of your sister's wedding.

When the reviews say, the instructions are bad, believe them. The only way this microwave stand went together was because I do brain puzzles every single day to strengthen my eyes and try to regain depth perception. I don't know if it works, but apparently it did in this situation. The friend I had going through this experience with me, stared at the instructions for an hour then in frustration gave them to me. I looked at them, asked what he was confused about. He told me. I turned the piece okay screw it in that way. We were so excited until we had to unscrew everything two steps later.

When you measure to see that your new microwave stand fits, always give yourself a couple of extra inches. My microwave stand is an exact fit. Yes it may fit, but it also made for so much more frustration will occur. Because everything is exact, pretty much nothing can move now. So yes, I did want it to look built-in but now it will not be moving until I move out.

Don't be afraid to email the manufacturers after the fact or even before, and get money off if your pieces or package is damaged. It should've been a warning to me when the package itself had literal holes in it. And at least 4 to 5 pieces were just cosmetically damaged, but by that point we were so far into it there was no going back.

Don't be afraid to realize when something is too much and you need to call in your parents, Task-rabbit, the IKEA building people, or even a handyman off of marketplace. If you're going to do that, please vet them first. Your body and mental health is worth more than, the money you will spend to put together the dang piece of furniture.

Though a lot of this seems to be common sense and you would think I would know all of this. Looking back, It seems so apparent all I can say is I wanted it finished. I wanted it now and I didn't think such an adventure would occur. I didn't even go into the scratches, bruises, and pain which happened nightly. To the extent, my body no longer registered the pain. Been there. Done that.



Have the bruises to prove it. Now I won't ever feel bad getting someone else to put things together for me.



Because I want **1** it that way! ⊕



June 17 CoHabit GOLF

Glendale **Golf Course Winnipeg**

July 11

to us!

CPMB at the **Goldeyes 450/50**

in support of CPMB

Blue Cross Park Winnipeg

November 29

Brandon

HOLIDAY Bowling **Party**

Uptown Alley Winnipeg

Blue Cross Park Winnipeg

December TBC

AGM

Annual General **Meeting**

Winnipeg

Check out all our CPMB EVENTS HERE: www.cerebralpalsy.mb.ca/events

www.cerebralpalsy.mb.ca

@CerebralPalsyAssociationOfMb



@CerebralPalsyMB



@cerebralpalsymb



The Cerebral Palsy Association of Manitoba



PROUD

Direct line 204-982-4842 Toll free 800-416-6166 204-982-4844 Fax

Email office@cerebralpalsy.mb.ca

903 - 213 Notre Dame Ave. Winnipeg, MB R3B 1N3

CHECK OUT THE INSERTS:

WESTMAN-PAGES 14 & 15

and

WINNIPEG—PAGES 16 & 17

* WE NEED TEAMS * WE NEED CAPTAINS * WE NEED RIDERS *



MISSION: POSSIBLE

Saturday APRIL 26, 2025

MNP Hall, Keystone Centre, Brandon

YOUR MISSION, should you choose to accept it:

RIDE and ASK in support of CPMB!

* WE NEED SPONSORS * WE NEED SPONSORS *



Saturday, MAY 10, 2025
MISSION: PUSSIBLE
Blue Cross Park, Winnipeg

2025 CPMB Bike Race SPONSORSHIP OPPORTUNITIES

YOUR MISSION, should you choose to accept it: Support CPMB with a SPONSORSHIP!

Your Bike Race Sponsorship enriches our Members' lives...

and your generosity enables CPMB to continue to provide grants for much needed equipment like wheelchairs and adaptive bikes, as well as iPads for communication & more!

We thank you for considering our request! #CPProud



MISSION: POSSIBLE

Saturday APRIL 26, 2025

MNP Hall, Keystone Centre, Brandon

YOUR MISSION, should you choose to accept it:

RIDE and ASK in support of CPMB!



2025 CPMB Bike Race — TEAM REGISTRATION

TEAM NAME (please print clearly)	
CAPTAIN FIRST AND LAST NAME	CAPTAIN EMAIL
CAPTAIN PHONE NUMBER - WORK	CAPTAIN CELL and / or HOME NUMBER
CAPTAIN MAILING ADDRESS, CITY, POST	AL CODE
FULL TEAM (14 Riders) or HALF TE	AM (7 Riders) PREFER:AM ride or PM ride

Please return the completed form ATTN: Susana Schanel, Bike Race Coordinator to:

- · bikerace@cerebralpalsy.mb.ca or fax to 204.982.4844 or
- mail to CPMB, 903 213 Notre Dame Avenue, Winnipeg, MB R3B 1N3

Team Registration deadline is March 7th, 2025

* WE NEED SPONSORS * WE NEED SPONSORS *



SPONSORSHIP OPPORTUNITIES

YOUR MISSION, should you choose to accept it: Support CPMB with a SPONSORSHIP!

2025 CPMB Westman Bike Race

Saturday, April 26, 2025

MISSION: POSSIBLE

MNP Hall, Keystone Centre, Brandon

Your Bike Race Sponsorship enriches our Members' lives...

and your generosity enables CPMB Westman to continue to provide grants for much needed equipment like wheelchairs and adaptive bikes, as well as iPads for communication & more! We thank you for considering our request! #CPProud

\$2500 – Title Sponsor (max. 1)

As Title Sponsor, see your logo as part of our 2025 CPMB Westman Bike Race event logo and on all event materials including the *website, t-shirts, marketing, social media, digital screen and more! Also, you will be featured in co-op ads in five the Westman Community newspapers in Boissevain, Brandon, Neepawa, Rivers and Virden.

\$750 — Race Sponsor

SAVE \$100 on the Co-op Ad! See your logo in a Brandon Sun front page top banner Westman Bike Race print ad, in addition to your company logo being on all the 2025 CPMB Westman Bike Race materials*!

\$600 - Co-op Ad Sponsor

Split the cost with CPMB on a Brandon Sun front page top banner Bike Race print ad featuring your company name and logo.

\$250 — Event Sponsor

Your company logo will be featured on all 2025 Bike Race event materials*. If you have a **Corporate Team**, amplify your presence with a **Community Table**.

In-kind T-shirt Bag Sponsor (max. 1)

Your company supplies the (approx. 25) branded keeper bag that each team receives containing all their Rider Bike Race T-shirts. Your company logo will also be featured on all 2025 CPMB Bike Race materials*.

Customized Sponsorships are available

Please contact Susana to discuss how to maximize your company presence at the 2025 CPMB Westman Bike Race.

Team Building Opportunity

Maximize your sponsorship by signing up a Corporate Team - 14 Riders (full) or 7 Riders (half)!

Sign me up to Sponsor the 2025 CPMB Westman Bike Race!

	○ \$2500 — Title Sponsor
CONTACT NAME	○ \$750 — Race Sponsor
	○ \$600 — Co-op Ad Sponsor
CONTACT EMAIL	○ \$250 — Event Sponsor
	○ In-kind T-shirt Bag Sponsor
CONTACT PHONE NUMBER	O Customized Sponsorship — Let's chat about how to maximize your company's support of CPMB!
COMPANY NAME	Your Sponsorship support enriches the lives of our Members in Westman and
COMPANY WEBSITE	helps keep the Association's
Submit the completed form and your company logo	lights on!
as a vector file .eps to bikerace@cerebralpalsy.mb.ca	—Thank you!



Saturday, MAY 10, 2025

MISSION:POSSIBLE

Blue Cross Park, Winnipeg

YOUR MISSION, should you choose to accept it: RIDE and ASK in support of CPMB!



2025 CPMB Bike Race — TEAM REGISTRATION

TEAM NAME (please print clearly)		
CAPTAIN FIRST AND LAST NAME	CAPTAIN EMAIL	
CAPTAIN PHONE NUMBER - WORK	CAPTAIN CELL and / or HOME NUMBER	
CAPTAIN MAILING ADDRESS, CITY, POST	AL CODE	
FULL TEAM (14 Riders) orHALF TE	AM (7 Riders) PREFER:AM ride orPM ride	
Would you like any receipt books? If yes, h	now many?	

Please return the completed form ATTN: Susana Schanel, Bike Race Coordinator to:

- bikerace@cerebralpalsy.mb.ca or fax to 204.982.4844 or
- mail to CPMB, 903 213 Notre Dame Avenue, Winnipeg, MB R3B 1N3

Team Registration deadline is March 14th, 2025

* WE NEED SPONSORS * WE NEED SPONSORS *



Saturday, MAY 10, 2025 MISSION: POSSIBLE Blue Cross Park, Winnipeg

2025 CPMB Bike Race SPONSORSHIP OPPORTUNITIES

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and your generosity enables CPMB to continue to provide grants for much needed equipment like wheelchairs and adaptive bikes, as well as iPads for communication & more!

We thank you for considering our request! #CPProud

\$2500 - Lunch Sponsor

Riders who collect \$200 in online donation by May 1, 2025, qualify for a FREE LUNCH on Bike Race Day as a "thank you" for their fundraising efforts. **Your company logo will be featured on the FREE LUNCH VOUCHER** and all 2025 CPMB Bike Race materials (*website, t-shirts, marketing, social media, jumbotron and more).

\$1600 - Event Sponsor

SAVE \$100 on the Co-op Ad! See your logo in a Winnipeg Free Press front page top banner Bike Race print ad, in addition to your company logo being on all the 2025 CPMB Bike Race materials*.

\$1100 - Race Sponsor

Your company logo will be featured on all 2025 Bike Race event materials*. If you have a **Corporate Team**, amplify your presence with a **Community Table**.

\$600 - Co-op Ad Recruitment Sponsor

Split the cost with CPMB on a Winnipeg Free Press front page top banner Bike Race print ad featuring your company name and logo.

In-kind T-shirt Bag Sponsor (max. 1)

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	🔾 \$2500 - Lunch Sponsor
CONTACT NAME	\$1600 - Event Sponsor
	O \$1100 - Race Sponsor
CONTACT EMAIL	O In-kind T-shirt Bag Sponsor
	Customized Sponsorship—
CONTACT PHONE NUMBER	Let's chat about how to maximize your company's support of CPMB
COMPANY NAME	Your Sponsorship support enriches the lives of our Members and helps keep the Association's
COMPANY WEBSITE	lights on!
Submit the completed form and your con	mpany logo CP
as a vector file .eps to bikerace@cerebral	palsy.mb.ca —Thank you!